

# AKL

**Around Kirkby Lonsdale**

**July/August 2021**

**Monthly news and views of Christian Churches and community in the Rainbow Parish area;  
a Rainbow Parish production**

**Photo ©Robin Ree 2021**



# Nature Trail and Muddy Church beckon this summertime...

*We had a lovely afternoon gathering together as a Messy Church at the start of June— it felt like a joy-filled occasion.*

We listened to local storyteller Alan Cox describe how Paul in the Bible experienced a difficult time but through that difficult time learnt to see things differently which led him to experiencing and seeing the world differently and more positively. This story seems to be one that many of us can identify with over the last 18 months. We had some activities that helped us think about perspective and then enjoyed a picnic together as part of the Big Lunch celebrations. We hope to meet again as a Messy Church in September. If you want any more information, please email me: [klmessychurch@gmail.com](mailto:klmessychurch@gmail.com)

On Saturday 10th July at 2pm on the Glebe Field (next to Ruskin's View) we will be hosting our first Muddy Church! We are incredibly excited to welcome you to Muddy Church. We will be exploring nature around us and having a go at making something that will be hopefully used by the Kirkby Lonsdale Community. Intrigued? We hope so! Please email [klmuddychurch@gmail.com](mailto:klmuddychurch@gmail.com) for more information and to book onto this event. Who is this for? Anyone who enjoys being outside no matter your background, age or knowledge (or lack of) of plants, insects and ecosystems. We can all learn together.

If you do come along please wear suitable shoes (we recommend wellies) and a good coat as unless it is torrential rain this event will go ahead. We love the outdoors and are prepared, as the name suggests, to get muddy!

We also have a nature trail that will be up in St. Mary's Churchyard from the end of July and throughout August. Please do spend some time wandering around the trail,

trying the activities and spending some time resting in the grounds. If you have friends or relatives visiting feel free to show them the trail too. It could be a good thirty-minute activity on a summer's day.

We look forward to seeing you at some of the Family Project activities and events during the summer. Most of all we hope and pray you stay well and that you are able to spend time with the people you love this summer-time.

**Lol**







Pic by Chris Hoyle

## THE CHURCH OF ENGLAND

**Rainbow Team:** Rector: Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, LA6 2BA, 015242 72044, rector@therainbowparish.org. Team Vicar: Revd Wendy Thornton, The Vicarage, Vicarage Lane, Kirkby Lonsdale LA6 2BA, 015242 73570, wendy.thornton@methodist.org.uk. Team Vicar: Revd Anne Pettifor, Stonebeck, Fairbank, Kirkby Lonsdale LA6 2DU 015242 71904, anne@therainbowparish.org. Distinctive Deacon: Revd Sue O'Loughlin, 60 Paddock Drive, Stonecross Meadows, Kendal, LA9 5FH 07900 530849 sueoloughlin.so@gmail.com. Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Camforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Camforth, LA6 2BE, 015242 71218, treasurer@cassworks.net.

**Barbon:** DCC Secretary: Mrs Mary Goldie, 11 The Maltings, Whittington, LA6 2NJ, 015242 73839, marygoldie@icloud.com; DCC Treasurer: Mr Roger Groves, Kamps Hill, Moorthwaite Lane, Barbon, LA6 2LP, 015242 76322, jrogergroves@gmail.com.

**Casterton:** DCC Secretary: Mrs Gill Sykes, Old Manor, High Casterton, LA6 2SD, 015242 72143, gillsykes.casterton@virgin.net. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwarden: Stephen Evans, The Old Vicarage, Casterton, LA6 2SA, 07973 173546, stephen@evanshart.co.uk.

**Hutton Roof:** DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

**Kirkby Lonsdale:** DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwardens: Mrs Anne Foulerton, Gatelands, High Biggins, LA6 2NP, 015242 71281, afoulerton@hotmail.com; Mrs Maggie Venys, 8 Bective Road, Kirkby Lonsdale, LA6 2BG, 07980 009162, t\_mvenys@icloud.com.

**Lupton:** DCC Secretary: Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ 015395 67521, eleanor\_higton@yahoo.co.uk. DCC Treasurer: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 07561605582 lindseyoakden@hotmail.co.uk. Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478; Mrs Grace Lewis, Middle Fell House, Lupton, LA6 2QB, 015395 67406.

**Mansergh:** DCC Secretary: Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ, 015242 72448, harrison.bellevue@btinternet.com. DCC Treasurer: Mrs Ann Humphries, The Gate House, Old Stable Yard, Rigmaden, Mansergh, LA6 2ET, 015242 76526, ahumphries500@gmail.com. Churchwardens: Mrs Wendy Hadwin, Marlan, School Lane, Barbon LA6 2LR 015242 71397.

**Middleton:** DCC Secretary and Treasurer: Mrs Anne Dehany, Smailthorn, Middleton, LA6 2LY, 015242 76075, anne.dehany@gmail.com.

**Preston Patrick:** DCC Secretary: Mrs Valerie Kos; DCC Treasurer: Mrs Tina Allen, 3 Gatebeck Cottages, Gatebeck, LA8 0HR, 015395 67687, tina.allen812@gmail.com. Churchwardens: Mr Anthony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 03301135289, masonsmp@btinternet.com; Mrs Sue Sanderson, The Old School, Knott Edge, Crooklands, LA7 7NR, 015395 66967, susansanderson@live.co.uk.

**C. OF E. SCHOOLS:** St Mary's Primary, Kendal Rd, Kirkby Lonsdale, LA6 2DN, 015242 71334. St Patrick's, Endmoor, Kendal, LA8 0HH, 015395 67388.

**CHURCHES IN LUNESDALE FAMILY PROJECT:** Project Leader Miss Lol Wood, 07413 689311, lol@cilfamilyproject.org.

**THE METHODIST CHURCH:** Rev Wendy Thornton, Kendal Methodist Circuit, 015242 73570 or mobile 07788 653 000, wendy.thornton@methodist.org.uk.

**ST JOSEPH'S RC CHURCH:** Back Lane, Kirkby Lonsdale. Sunday Mass, 9am. During the week, as announced. Parish Priest Very Rev. Fr. Michael Docherty, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

**FRIENDS' MEETING HOUSE:** Preston Patrick Sundays 10.30, Warden 015395 61163. Brigflatts Sundays 10.30am, Warden 015396 20005.

**VOLUNTEER DRIVER SCHEME:** 07788 52 25 11

**KL COMMUNITY HUB:** Mon-Fri 10-1 015242 36404 klcommunity.co.uk  
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## Deadline for Sep AKL: Sun 15 August

Please email submissions to [akl@kirkbylonsdale.co.uk](mailto:akl@kirkbylonsdale.co.uk).

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## View from the Bridge

I would like to start this month's view with a thank you from my daughter and myself for adding my grandson to the prayer list and to the lady who has sent him a get-well card. He has been in Hull R.I. and should now be in Sheffield hospital. He had a very nasty accident with his lorry delivering to a farm and has a broken back and hip.

With the easing of lock down and a warm bank holiday bringing the day trippers to the area we have seen the usual increase in litter left around Devils Bridge. KL is not alone: all beauty spots and seaside beaches suffer the same problem. Until we can educate those that just walk away leaving it for others, we will have to do the clearing up. It seems that we are getting cases of fly tipping also. Cllr Nick Cotton would appreciate your help on an early litter pick some weekends: [red.pedal@virgin.net](mailto:red.pedal@virgin.net).

The display of St. George's flags was well received. Hopefully we will be having a display in August to mark the Battle of Britain: a mixture of RAF Roundel flags and a selection of other countries' flags representing those that fought with us through the darkest days. A just for fun competition could be to identify the countries?

The funding for the playpark refurbishment is on track and the new equipment looks very exciting. If you would like to make a donation as funds are always welcome. I'm sure Cllr Marie Batty would not mind you getting in touch with her or with any councillor ([mariebatty@yahoo.com](mailto:mariebatty@yahoo.com)). I would like to ask that only young children use the equipment; it is very expensive to repair (the equipment, not the children!).

At the time of writing the Government have not lifted the final restrictions of the lockdown so the final decision for the location of 14th July council meeting will be made nearer the time. If we have to continue on Zoom you will need to register with our clerk Rev. Kevin Price [kevtherev7@hotmail.com](mailto:kevtherev7@hotmail.com) up to 7 days before.

Please check the town council's web site or the notice board for details of the August meeting. We are still in the hands of the Government.

If you are venturing out of Kirkby for a holiday or even a short break, please take care. Some areas seem to think social distancing doesn't apply but go and have a good time after these many months of lockdown and restriction. We would all perhaps benefit from a change of scenery – not that you can improve on Kirkby!

My thanks as usual to my council colleagues for all the time and enthusiasm they put in and not forgetting our volunteers in the tourist information shop. Finally thanks to Diane for her patience and hope you and Mark have a wonderful holiday.

Best wishes and take care.

**Cllr. Geoffrey Buswell**

## The Rotary Club of Lunesdale

As I write this, the last report of my year as President of the Rotary Club, naturally my thoughts turn to the unprecedented year not just this club but all clubs and organisations have had to survive. Every meeting has been online. We have not been able to hold even one face-to-face meeting. This has meant that several members have not taken part which is regrettable but understandable as not everyone is comfortable with online communication. I had planned to hold two major entertainment events but they have been put on hold until the back end of the year when hopefully they can be staged, supported and enjoyed by the wider community.

Now, however, we have a new President, John Clare, taking up his role on 8th July. More of John's plans at a later date. I wish John well during his Presidency and hope that he will have an excellent year. Members of the club are all looking forward to the not-too-distant future, when our vaccination programme is complete, and we can return to having physical meetings.

I wish everyone an enjoyable summer.

**Lilian**

## The Fairbank Society Strawberry Tea

Due to the recent announcement on restrictions for Covid we have had to change our plans for our Strawberry Tea. It will still go ahead but be restricted to Residents, Staff and Trustees. We will not be able to have visitors on July 3rd as planned but will welcome people from outside Fairbank for a celebration later in the year, so watch this space. We look forward to seeing you soon.

## Barbon Antique Fair

Barbon Antique Fair is starting up again. Covid 19 restrictions permitting, the first one will be Saturday August 14th then September 11th. Please come along for a good day out, refreshments available.

**Jacquie**

## The Brow

Due to concerns over soil erosion, the second viewing platform (the one closest to the Rugby Club) at the Brow will be closed temporarily, as will the rough path at river level linking the Radical Steps to Lily Wood. This action is on the recommendation of the Civil Engineers that have inspected the Brow. The tarmac path along The Brow will remain open for time being.

**Geoff Buswell**



## Microplastics and Microfibres

We are hearing the word 'microplastics' more often but do we really know what they are ?

Microplastics are tiny filaments of plastic less than 5mm in diameter. They are in our clothes, in the cleaners we apply to our face, in our toothpaste and in the food that we eat. Scientists are not yet certain of what health impacts this may have on us in the future but many organisations are making a move away from microplastics to try and eliminate them where possible.

So how does it get into our stomach? Microplastics have been found in the fish that we eat, including canned fish. These tiny balls of plastic are washed into the ocean and consumed by fish which in turn are consumed by us. Land animals also eat microplastics and studies have also found tiny microplastics that settle on our food from dust in the air. However, the biggest consumption of microplastics comes from plastic water bottles. Single-use water bottles normally contain between 2 and 44 microplastics per litre, while bottles that have been refilled contain between 28 and 241 microplastics per litre. Solution: buy an alternative refillable water bottle.

Current studies at Harvard University have estimated that there are currently 14 millions tons of microplastic on the ocean floor: 700,000 microfibres can be released from a single load of laundry. The current filters within our wastewater treatment works are not able to remove all these microfibres so they are eventually sent into our waterways and oceans, being ingested by fish and marine animals along the way. There are many ways we can combat this. Wash clothes in a front-loading washing machine on cold wash which is less aggressive and less likely to shake out plastics. Reduce spin speeds and air dry rather than tumble dry your clothes. Use a Guppy Bag or Coraball – these claim to collect plastics during the wash. Keep your clothes for longer—most plastic is shed within the first few washes. Polyester fleece could be one of the biggest emitters of microfibres; try wool instead.

By making a few simple changes in our lives we can help with the reduction of microplastics and microfibres. Some other plastic free swaps could be: plastic-free chewing gum, plastic-free tea bags, toothpaste in a jar or tin rather than a plastic tube. Why not try plastic-free makeup and cleansers? Buy food that isn't wrapped in plastic from our local greengrocers and butchers. Use natural cleaners in the house, dishwashing and washing powder rather than capsules. By changing just one thing in your daily routine collectively we are making a big difference.

**Kim Bradshaw**

**The Zero Pantry**

## Love the Lune

Would you like to be a volunteer at the Information and Gift Shop in town?

We run the Information and Gift Shop on Main Street. Volunteers take at least two shifts a month in the shop either a morning or afternoon. Duties include welcoming visitors and passing on local Information on bus timetables, advising on local walks and events – in fact, too many subjects to list!

Sometimes people just pop in for a chat or are looking to buy locally made souvenirs. We work closely with both the Yorkshire Dales National Park and the Lake District National Park.

A new volunteer would be given full training and supported by the two paid members of staff. The two main qualities we are looking for are a love of Kirkby Lonsdale and would enjoy working with the general public.

If you are interested please contact Janet or Phoebe on 015242 97177 or email [lovethelune@gmail.com](mailto:lovethelune@gmail.com)

## BHF Yorkshire Three Peaks

The British Heart Foundation (BHF) Yorkshire Three Peaks (Y3P) takes place on Saturday 17 and Sunday 18 July 2021. Over 1,000 wonderful BHF supporters will hike 24 miles and climb over 5,000 feet to tackle one of the greatest and most rewarding challenges in the UK.

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Register your interest by visiting <https://www.bhf.org.uk/how-you-can-help/volunteer/event-volunteering>

For more event information visit <https://www.bhf.org.uk/how-you-can-help/events/walks-and-treks/yorkshire-three-peaks-challenge>

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## KL Gardening Association

We are looking forward to going ahead with our planned summer events and our new programme has been distributed to members together with the Show Schedule.

Our first event is a members convivial social gathering and plant sale from 10.30 – 4pm in a garden in the centre of Kirkby Lonsdale on Sunday 27 June – the date changed from the date mentioned in last month's AKL.

The visit to Halecat and Fernhill Coach House, postponed from last year, will take place on Wednesday 21 July and our third garden event is on Sunday 1 August when we will go to two exceptional gardens, one in Bentham and one in Wennington. All these visits will be in members' cars. Full details of our garden visits are in the new programme.

The Kirkby Lonsdale Gardening Association invites its members and those in the local community to start considering entries for our Annual Flower & Vegetable Show, which will be held in the Lunesdale Hall on Saturday 21 August.

The full Schedule is now available and copies can be collected from Lunesdale Home & Garden, the Newsagents, the Community Information Centre and Kirkby Lonsdale Library. There is plenty of time to plan ahead and consider which Classes you would like to enter: Vegetable and Fruit, Flowers, Pot Plants, Floral Art, Cookery, Photography, Painting, and Handicrafts. There are also Classes for Children. We are all very excited about this event and look forward to receiving your entries.

Should you require any further information, please don't hesitate to contact Rosalind Buckland, Show Secretary, email: [rosalind.buckland@btinternet.com](mailto:rosalind.buckland@btinternet.com) or tel 015242 98587, or any of the Show Team: Barbara Dale, Maureen Dwyer and Linda Ashworth.

New members are always welcome to join our group – for further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72045.

If you wish to receive notifications about the Gardening Association by email, please register your interest via [kirkbylonsdalega@gmail.com](mailto:kirkbylonsdalega@gmail.com).

Looking forward to meeting up with members again!

Margaret Clarke, Events Secretary, Tel 015242 72045

## Friends reunited?

Gill is trying to contact retired teacher, Mike, with whom she connected on the Our Time platform in May. Gill and Mike were planning to meet at Eric's statue, but messages were lost along the way and the meeting never happened. If you're reading this, Mike, drop me a line [akl@kirkbylonsdale.co.uk](mailto:akl@kirkbylonsdale.co.uk) and I'll forward your note to Gill.

## Casterton WI

Casterton WI met via Zoom on 2nd June. The meeting opened with an illustrated talk by Pat Newsham, a guide at Dalemain House, for whom this was her first experience of Zoom. Pat, a member of Pooley Bridge WI, is now in her fifteenth season of guiding at Dalemain. Dating back to the fifteenth century, this historic house, at one time inherited by Lady Anne Clifford, is now owned by Robert and Jane Hazel-McCosh and has become famous for its annual marmalade festival.

An event was announced to which members are very much looking forward. An afternoon Tea Party is to be held on 20th July, which, weather permitting, will be outside in the garden of one of our members. The book table, the proceeds of which go to ACWW (Associated Countrywomen of the World), will be available once more, and members will be able to contribute books they have enjoyed but no longer wish to own. A good opportunity to exchange titles which have been acquired over lock-down. There will also be a plant stall, the proceeds of which will go to the Memorial Fund for the Heroines of World Wars, the munition workers.

Before then the July meeting will be held on Wednesday, 7th July at 7.30 p.m, featuring Rachel Mercer singing songs from musicals via Zoom.

## Save the Children Shop

We are looking for wonderful volunteers to come and join our Kirkby Lonsdale shop team. So, if you have a few hours to spare, whether weekly, fortnightly, monthly or ad hoc, we would love to hear from you. You'll be helping children in the UK and overseas. You'll gain new skills, boost your CV and make new friends. Full training given.

Please do get in touch. Pop into the shop and say hello or call on 07976 710154.

## NW Air Ambulance Shop

We are looking for friendly individuals who enjoy meeting new people, developing and sharing their skills and want to help out a great cause all whilst having a wonderful time! Our team at Kirkby Lonsdale really are amazing and if anyone would like to volunteer, we'd love to have them as part of the NWAA family.

Last year the North West Ambulance Charity flew over 2,500 rescue missions throughout the region. We don't receive government or NHS funding and so are reliant on our volunteers and supporters to help keep our lifesaving helicopters in the sky.

If anyone is interested in Volunteering, they can either contact me at [morgan.wright@nwaa.net](mailto:morgan.wright@nwaa.net), give me a call on 07808 706766, or fill out an enquiry form on our website at: <https://nwaa.net/fundraising/volunteer>





# NOTICE NATURE WALKS

This July Kirkby Lonsdale CIC is working with the Yorkshire Dales National Park (YDNP) to bring walking for wellbeing to the community in their Notice Nature series. The Notice Nature walks will be offered to locals for free, taking place in and around Kirkby Lonsdale. These walks provide an opportunity to learn more about nature, be active and look after your mental health.

There will be three Notice Nature walks on Sunday 4th July, 8th August and 5th September, each one led by a YDNP ranger. The July and August walks will take place in the morning at 10am, starting from Devil's Bridge and walking along the River Lune to Underley Estate, and you will learn about the trees, plants and animals around you. In September, there will be a Starry Skies walk taking you on a similar journey as you learn about stars and space. This night-time adventure will end with a campfire in Glebe Field next to Ruskin's View.

The Notice Nature walks are part of Kirkby Lonsdale CIC's continued efforts to bring wellbeing opportunities to the Kirkby Lonsdale community post lockdown. Having already offered a series of art & wellbeing workshops to the Lune Valley called Phoenix Rising, the CIC are now providing the Notice Nature walks for those who want to improve their wellbeing in a different way. Their collaboration with YDNP provides an opportunity for locals to learn more about the beautiful scenery which surrounds Kirkby Lonsdale, while also improving both physical and mental wellbeing.

Keep an eye out on the 'What's On' section of the [www.kirkbylonsdale.info](http://www.kirkbylonsdale.info) website where you can sign up to the Kirkby Lonsdale Newsletter for more Notice Nature announcements. Or you can call the Tourist Information & Gift Shop on 015242 97177.

*Phoebe Rodway*

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## Outdoor Winter Theatre

With support from The Christopher Robins Charitable Trust and The Community Interest Company, local freelance director, Jayne Davies is proposing to create a piece of Outdoor Winter Theatre for Kirkby Lonsdale's annual Christmas Fair celebrations.

The performance will be part scripted and part devised and inspired by the town and its links to Peter Pan. It will be performed outdoors on the 3rd, 4th and 5th December 2021 in Kirkby Lonsdale using community actors. Rehearsals will take place in Oct and Nov.

Be Part of Something Magical!

If you would like to be involved as a performer or volunteer to help with the production in any way, please email [jayne\\_s\\_davies@hotmail.com](mailto:jayne_s_davies@hotmail.com). Due to the nature of the performance, it is recommended that participants are 16+ or accompanied by an adult at all times.

Jayne's previous projects in Kirkby Lonsdale have included: The Vault: A Kirkby Lonsdale Story Bank and Lest We Forget 1914-1918 – Then and Now Stories. You can find out more about her work via her LinkedIn profile

<https://www.linkedin.com/in/jayne-davies-62640779/>

## New Play by Local Writer

Local writer Alison Armstrong's play 'Lost Voices of Morecambe Winter Gardens' will debut at Morecambe Winter Gardens on 12th, 13th, 14th August 7.30pm (Matinee 14th 2.30pm).

The play has won two awards (Royal Society of Literature, Arts Council England), and is loosely based on the history of the theatre, as the ghosts bicker and gossip and lament on the passing of time. 'A poetic mixture of humour and melancholy.' Tickets £10/£6 from the theatre.



## The Church in and around Kirkby Lonsdale

*Eleven churches comprising Anglican, Methodist and Roman Catholic congregations, committed to growing as disciples and serving our communities together.*

Unless there are changes to the plan for easing restrictions these are the services during June.

Please continue to follow all the social distancing and hygiene guidance.

(The type of service may change after AKL goes to print. Please check church notice boards and kl.church website for up to date information)

### July

1 Thu Kirkby Lonsdale	10.30am Holy Communion
4 Sun TRINITY 5	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Holy Communion
Preston Patrick	9.30am Holy Communion
Lupton	9.30am Morning Service
Barbon	10.30am Morning Service
8 Thu Kirkby Lonsdale	10.30am Holy Communion
11 Sun TRINITY 6	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Mansergh	11.00am Holy Communion
15 Thu Kirkby Lonsdale	10.30am Holy Communion
18 Sun TRINITY 7	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Lupton	9.30am Holy Communion
Barbon	10.30am Holy Communion
22 Thu Kirkby Lonsdale	10.30am Holy Communion
25 Sun TRINITY 8	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Casterton	10.30am Morning Service
Hutton Roof	11.00am Holy Communion
29 Thu Kirkby Lonsdale	10.30am Holy Communion

### August

1 Sun TRINITY 9	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Holy Communion
Preston Patrick	9.30am Holy Communion
Lupton	9.30am Morning Service
Barbon	10.30am Morning Service
5 Thu Kirkby Lonsdale	10.30am Holy Communion
8 Sun TRINITY 10	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Mansergh	11.00am Holy Communion
12 Thu Kirkby Lonsdale	10.30am Holy Communion
15 Sun TRINITY 11	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Lupton	9.30am Holy Communion
Barbon	10.30am Holy Communion
19 Thu Kirkby Lonsdale	10.30am Holy Communion
22 Sun TRINITY 12	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Casterton	10.30am Holy Communion
Hutton Roof	11.00am Morning Service
26 Thu Kirkby Lonsdale	10.30am Holy Communion
29 Sun TRINITY 13	
Kirkby Lonsdale	9.30am Methodist Service
	11.00am Holy Communion
Preston Patrick	9.30am Morning Service



## From the Registers

Alan James, aged 70 years, St. Bartholomew's Church, Barbon, 4<sup>th</sup> May 2021

Henry Martin, aged 86 years, St. Bartholomew's Church, Barbon, 11<sup>th</sup> May, 2021

Eva Shuttleworth, aged 88 years, St. Bartholomew's Church, Barbon, 15<sup>th</sup> May, 2021

Ian Hardman, St. Mary's Church, Kirkby Lonsdale, 18<sup>th</sup> May, 2021

Michael Hastewell, aged 81 years, St. Mary's Church, Kirkby Lonsdale, 19<sup>th</sup> May, 2021

Margaret Mason, aged 86 years, St. Bartholomew's Church, Barbon, 21<sup>st</sup> May, 2021

Gordon Higon, aged 74 years, Beetham Crematorium, 24<sup>th</sup> May, 2021

Jean Bagley, aged 70 years, Beetham Crematorium, 25<sup>th</sup> May, 2021

Alan Gerrard, aged 98 years, St. Mary's Church, Kirkby Lonsdale, 26<sup>th</sup> May, 2021

Alicia Brunskill, aged 26 years, St. Peter's Church, Mansergh, 14<sup>th</sup> June 2021

Kath Gaitskell, aged 77 years, St Patrick's Church, Preston Patrick, 15<sup>th</sup> June 2021

## Bereavement Support Group

I am hoping to restart the Bereavement Support Group in September subject to any limitations on meetings that may or may not be in place. In particular I do not want to restart if we still have to wear face coverings when we meet indoors, because it is important that we are able to see each other's facial expressions.

I am hoping that we can meet on Tuesday mornings, probably the second Tuesday of the month, so all being well we could start on Tuesday 14th September at 10.30 in St Mary's Church.

The group is intended to support each other in our different experiences of and journeys with grief. It is not a counselling group. I am not qualified in grief counselling, but we have previously found members found that sharing and listening to other's experiences was helpful to them.

I will give more definite information in the September issue of AKL and the Churches in and around Kirkby Lonsdale Notice Sheets.

Rev'd Sue O'Loughlin

07900 530849

[sueoloughlin.so@gmail.com](mailto:sueoloughlin.so@gmail.com)

---

## Preston Patrick

The forest trees have been cut down flanking the War Memorial as per agreement with John Mason for set price of £100.



A group of Preston Patrick litter pickers, including 12-year-old Elizabeth, collected rubbish discarded along the A65 from Crooklands hotel to the M6 Kendal round about and side roads. One early member had already

filled a bag of cans before the litter pick started, then continued until the end. Such is the volume of this rubbish, collected daily by locals, it still increases faster than can be collected.

Lockdown made it impossible to hold local community events, such as the annual plant sale. Nevertheless, two enterprising lady parishioners at St Patricks Church, Thelma Aldridge and Tina Allen, came up with the novel idea and brought the show to the church. After the service, the congregation were able to buy locally grown plants.

St Patrick's church congregation gathered outside the church after Sunday service at the end of May to solemnly commemorate the life of the Duke of Edinburgh, who was days from his 100<sup>th</sup> birthday. He was always a true and stable influence to her majesty the Queen, and the country.

The Second Sunday occasion was parishioner Bertha Hayhurst's 90th birthday. The third Sunday occasion was Olive Clark's birthday. The two birthdays were celebrated with joyfully singing happy birthday. Drinks and lovely cakes, baked by the ladies, were provided. All were wonderful occasions of church fellowship.

**Frank**



# Kirkby Lonsdale's Big Lunch



*The Big Lunch is the UK's biggest annual get-together for neighbours: a simple act of community, friendship, and fun. This was Kirkby Lonsdale's first Big Lunch collaboration and even with all the restrictions we knew we wanted to make it safe and special.*

## **Saturday and The Big Community Share**

It all kicked off on the Saturday, June 5th, with glorious sunshine and a Big Lunch Community Share. Community groups around town, such as the CIC, the Community Cupboard, and the Church, had a picnic and a brainstorm on the Glebe.

It was the first meet up outside of Zoom in over a year and it was great to see the ideas flowing for what post pandemic Kirkby Lonsdale could be, so that we don't just bounce back, but bounce forward.

Local artist Jayne Davies also brought the fun, with a stall outside of the Glebe entrance, with hopscotch, bubbles, and a #BigLunch selfie stand! Residents were also invited to have their own big lunch bubbles and get involved online, to share something together while apart.

## **A Sunny Sunday with Messy Church**

Messy Church then took over on the Sunday, with a very Enid Blyton-esque family picnic on the Glebe. There was fun, food and even time for storytelling, though the happy smiles coming away told the story very well!



*"We were actually nervous. But within minutes the ice was broken, there was chatter and clatter in the room as experiences were exchanged and there was laughter and even a little low-level singing as we celebrated June's birthday, and took home a slice or two of birthday cake."*  
**Allan Muirhead**





*"To see so many meeting up, chatting and laughing together was just wonderful. Being part of the volunteer team has been a massive help for me getting through this pandemic, delivering food parcels, hot lunches, fare share and just being part of a wonderful and strong local community." Janis Stephenson*



### **It's Monday and time for the Big Community Lunch!**

Monday brought a shift in location, away to the Rugby Club, to the first in-person event hosted by the Community Lunches team. Mel and Kerry produced restaurant-quality fare for the three-course meal enjoyed by those able to join and those with meals delivered, and they had help from a fantastic mother-daughter team.

### **Scouts and Schools share a final picnic**

The Monday was rounded off with a Beaver Scout picnic of juice and cake, which went down very well, and boat building out of recycling!

Lunesdale Learning Trust ended Kirkby's long Big Lunch weekend in style, with a picnic lunch on the Wednesday made by the Year 10 Food Pathway students. All the planning and prep they put in definitely paid off, with incredible looking (and tasting!) food.

### **Ready for Big Lunch 2022?**

So, while the first Big Lunch in Kirkby Lonsdale couldn't be as big as we wanted, it still managed to be an amazing celebration of community, people and food, and we can't wait to come back even bigger and better next year! Street party, anyone?





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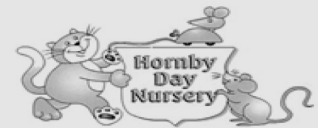
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# Kirkby Lonsdale and District Civic Society



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and Mabel

A sneak preview of our winter season of talks!

Monday 13 September 2021

Navigating the Old English Poor Law: The Kirkby Lonsdale Letters, Dr Peter Jones and Prof Steven King.

Peter and Steven will talk to us about their book, based on 600 letters written by or for the poor of Kirkby Lonsdale in the early 19th Century.

Monday 11 October 2021

AGM Followed By A Short Talk, Speaker to be confirmed. Informal AGM, wine and nibbles will be served.

Monday 8 November 2021

Around Morecambe Bay , Dr Jean Turnbull

Jean is a retired lecturer, historical geographer and author. In her talk, Jean will give us fascinating glimpse of one of the most beautiful, dangerous and constantly changing coastlines in our county.

Monday 13 December 2021

The Lost Inns of Yorkshire Dales, Dr David Johnson

David, a well-known landscape archaeologist and historian based in Settle whose talk will focus on the lost inns of the Yorkshire Dales, the roles they served, and the reason for their decline.

Monday 10 January 2022

4 Tins, Steve Williams

Steve is a historian and tour guide based in Chorley. In this talk, he will explore what a WW1 Christmas tin, a tin of emergency rations issued for D-Day, a coal miner's lunch tin, and a tin of Heinz baked beans can teach us about the social history of Lancashire

Monday 14 February 2022

Monasteries of Cumbria , Alan Crosby

Alan is a freelance local and regional historian who has lectured at universities including Oxford, Liverpool and Manchester. He will give a talk on the area's monastic houses and their distinctive local characteristics. Monday 14th March

Monday 14 March 2022

Cumberland To Pennsylvania, Chris Craghill

The Fell family from the northern Lake District suffered when they became followers of George Fox in the mid-17th century, triggering the youngest son, Joseph, to take his family to Pennsylvania where they became part of a flourishing Quaker community.  
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[kldcschairman@gmail.com](mailto:kldcschairman@gmail.com)

## The Big Vision Update

We reported in last month's AKL that we were submitting an Expression of Interest to the National Lottery Heritage Lottery Fund (NLHF) for funding towards the redevelopment of St Mary's Church. An Expression of Interest is the first stage in the application process for funding. We have now heard back from NLHF to say that they will not be inviting us to make a full application at this stage.

Whilst this is clearly disappointing for us, we believe that the decision reflects the large number of good applications currently being made to NLHF.

It is our intention to submit a revised Expression of Interest later in the year and, in the meantime, we are also looking at alternative funding options.

As also mentioned last month, we have invited a number of specialist architectural practices to present their ideas to us for possible works at St Mary's. We are currently evaluating these and will report further in due course.

For any further information about The Big Vision project, do please get in touch with me or any other member of the Project Team.

*Peter Gregson, Chair, The Big Vision Project Team*

Email: [peter@thebigvision.org.uk](mailto:peter@thebigvision.org.uk)

## Tourism & Town Manager

You may already have heard on the 'bush telegraph' that Janet Nuttall our Town and Tourism Manager for the last three years is moving on to a new role. Developing her enthusiasm for all that this area has to offer, Janet has decided to train as Blue Badge Guide for Cumbria. In order to pursue this new career and all the detailed studying it involves, as well as balance it with her other commitments, Janet will leave her current post at the end of July.

It goes without saying that the CIC Directors and volunteer team at the Information and Gift shop will be very sad to see her go. Her energy, creativity and commitment to the post have helped develop the role in new directions - forging positive partnerships with organisations and individuals in Kirkby Lonsdale and wider area that have benefited the town in many different ways. I know she has enjoyed working with such a supportive community and an amazing group of volunteers on many different projects over the last 3 years and will continue to take an active interest in all things KL!

*Sarah Ross*

Chair - Kirkby Lonsdale and Lune Valley Community Interest Company.

PS Our new T&TM will be appointed shortly (allowing a handover with Janet); details to follow in the next AKL.

## Julian Meetings

Prior to the first lockdown, a small group of regular locals were meeting on the third Tuesday afternoon of the month, in the side room at St Joseph's church, for the 'Julian Meeting'. Saint Julian of Norwich was, in fact, a woman who was active in her practice and belief of Christian meditative prayer.

The meeting starts at 2.15pm with a short reading, which leads into some calming and relaxing music, followed by contemplation/meditation essentially in silence. Although the meeting is held at Saint Joseph's, all faiths (or indeed none at all) are welcome. After the contemplation finishes at 3pm, we have a cuppa and biscuits and a chat until 3.30pm.

The Julian group in Kirkby is currently looking for a new leader in order to resume after the lockdowns. Anyone interested in leading or attending the group, please phone Helen on KL 015242-73089, or email [helen.hartley@hotmail.co.uk](mailto:helen.hartley@hotmail.co.uk).



## Barbon WI

Barbon WI will be holding their first post covid meeting on 6<sup>th</sup> July in the grounds of Barbon Village Hall. We are meeting at 2pm and asking our members to bring along a picnic lunch and a chair if you like. We will just enjoy catching up and seeing each other once again.

Also don't forget Barbon WI Show on 31<sup>st</sup> July. Get your entry forms filled in and returned so we can once again enjoy seeing lots of excellent exhibits. We have some very talented local judges all lined up and look forward to a good day! <https://barbon.org.uk/images/show.pdf>



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## KL WI

### Inspiring Women

The WI's motto is 'Inspiring Women', something we have endeavoured to reflect in our forthcoming programme.

The first guest to visit us on Wed 4th Aug is the fine artist, Janice McGloine, from Wolf House Gallery. This will be followed by Diane Hannah, co-founder of The Herdy Company, on Wed 1st Sep and Amy Bateman, British Wildlife Photographer of the Year, on Wed 6th Oct. It is always fascinating to hear the success stories of entrepreneurs, and these ladies will be no exception, so please make a note in your diaries.

Further information about these events can be found in our 2021 programme which is available at the Library, the Community Information Centre, and KLWI website.

### The Climate Coalition

Through its resolutions and campaigns, the WI brings members together to take action on local, national and global issues. The recent G7 climate pledges should remind us of the WI's own proud history of taking action to protect the environment. As a founding member of The Climate Coalition, the WI works to protect our environment from climate change, lobbying politicians to tackle its effects. During these summer months, you can play a part by supporting the 'SOS for Honeybees' campaign, creating bee-friendly havens in your gardens and raising awareness throughout local communities. Information on this campaign and other honeybee resources can be accessed on MyWI.

### A Warm Welcome

Whether you are a member or non-member, lady or gentleman, our friendly events are open to all. One of my earliest recollections was of a lady new to the area entering a meeting on her own. She was introduced to some ladies and within seconds was chatting and at ease. Committee member Hilary, as part of her role as Almoner, looks out for new members or visitors who may be on their own and makes them feel welcome. Whatever your circumstances, please come along and we will do our very best to make you feel at home.

### See you soon

We hope you enjoy the summer months ahead and look forward to getting together on the 4<sup>th</sup> Aug. Please follow us on social media and don't hesitate to get in touch; it is always good to hear from you.

*Rosalind and all on the Committee*

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## Flags

During August and September, we remember the Royal Air Force and Merchant Navy.

August 8-13: Winston Churchill gave instructions that convoy 'Pedestal' must at all costs reach Malta with a desperate cargo. The convoy of 15 merchantmen, including the largest available tanker, sailed on 8<sup>th</sup> August 1942. Following horrendous attacks by U-boats, bombers and torpedo boats, five ships arrived at Malta in a battered condition. Badly listing, the tanker was towed into harbour. Malta was saved from starvation on 15<sup>th</sup> August and had aviation fuel replenished to allow the RAF to protect the island.

August 13-September 17: The Battle of Britain. Throughout the town, RAF flags with others from the Empire and Allied countries represent the air and ground crews who kept us safe from invasion. We fly these flags with thanks and pride. "Never in the field of human conflict was so much owed by so many to so few."

September 3: Merchant Navy Day. The Red Ensign is flown in recognition of the brave civilian merchant men and women who provided – at great cost – the supplies to keep our country from starvation and to maintain supplies to all areas of conflict and Russia. During WWII, a total of 62,933 merchantmen were lost, as well as 4,762 ships. We owe our gratitude to the seafarers who provide 94% of our imports. A certificate of appreciation from Charity Seafarer UK can be seen in the small glass cabinet.

*Alan Day*

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Recently we've done this through kayaking, gardening, hiking, cycling, working with nature, building fires, playing games, making boats, map reading, rock climbing and, yes, tying knots.

Join the excitement as a young person or an adult leader or helper.

For more information contact Skip (Nigel Bradshaw) on 73722 or [kirkby\\_lonsdale\\_scouts@live.co.uk](mailto:kirkby_lonsdale_scouts@live.co.uk).

*Skip (Nigel Bradshaw)*

Group Scout Leader, 1st KL

Assistant Explorer Leader, Aluna



## KL Community Cupboard

### Community Lunches

As we move through the summer months, community lunches will continue to be cooked up at the Rugby Club and delivered to those who are not able or ready to join in face-to-face lunches. There will also be in person lunches every five weeks up at The Rugby Club, on the following dates:

Monday 19th July,  
Monday 23rd August,  
Monday 27th September

(Dates to be confirmed so please leave a contact number when booking).

All will start at 12:30pm and will continue to require booking via the Community Hub. Numbers will continue to be limited to ensure we are delivering a Covid safe environment for everyone involved. We encourage a voluntary donation of £3.50 per meal or whatever you feel able to give.

If you haven't yet accessed Community Lunches and feel you would benefit from a hot meal either delivered weekly or at the in person gathering, please enquire on The Community Hub 015242 36404.

Mon-Fri 10am-1pm.

### Strength and Balance Classes

A series of six strength and balance classes are running through June and July for groups of 8 people, these are to help regain some confidence following lockdown and reduce risk of falls. We aim to run further low impact fitness classes of this nature in the Autumn if there is sufficient interest, please register your interest with The Hub so we can gauge numbers.

### KLRUFC Community Support

It is ten months since Neil Anderson facilitated the transfer of The Community Cupboard and from this The Food Club and Community Lunches up to the local Rugby Club. Since then we have been made very welcome, not always the easiest of guests but always enormously grateful ones.

Without this facility we would not have been where we are today so to Liz and Roy, President and Chair, can we offer a very public vote of thanks for your Club's support and encouragement, to Neil for his continued on the ground help on a twice weekly basis at Food Club and lunches, along with sitting on our committee and finally to Ben and his team of workers who have to deal with us almost daily, with never a complaint, just a very positive 'can do' attitude which has been the hallmark of the Community Cupboard's survival.

**THANK YOU ALL from your community**

---

## Meet 2 Eat

The M2E team are happy to announce plans for this community venture to restart on Wednesday September 8th, 12 noon to 1.30pm in the Methodist Church Hall as before (subject to government guidelines of course).

We hope to offer a choice of soups and puddings plus tea and coffee, and of course a chance to get together, sharing time with friends old and new in a happy and welcoming environment.

As an initial opportunity to reconnect, we had planned two dates for us all to meet to enjoy a light afternoon tea. Unfortunately, following government guidance, we are unable to meet on Wednesday July 14th but look forward to seeing you all on Wednesday August 18th at 3pm, in the hall as usual.

All are welcome, whether you came to M2E before or will be coming for the first time.

Our friendly team are also keen to welcome new helpers, offering whatever time you can spare.

For more information about any aspect of M2E please contact Anna on 07950 475124

## Elder Companions

One positive to come out of the coronavirus pandemic has been the rise of greater empathy among younger people regarding the isolation and loneliness that their older relatives can feel on a regular basis.

Fran Frankland and Vivienne Pike run Just Company, a companion service for older people, covering North Lancashire and the South Lakes, with a particular emphasis on Morecambe and Lancaster. Based in Kirkby Lonsdale, the company was founded four years ago to bring joy back into older people's lives.

Clients have, on average, around three hours each per week with their companion and they decide together what sort of activities to do. These could include trips on the steam yacht at Coniston, outings to Williamson Park, Lancaster, to Sizergh Castle, The Lowry, RSPB Leighton Moss, a drive through bluebell woods, lounging on the beach or a cup of tea at home. Companions are carefully vetted and are mature and life experienced.

To find out more call Vivienne on 07879606636 or email [hello@justcompany.co.uk](mailto:hello@justcompany.co.uk) See [www.justcompany.co.uk](http://www.justcompany.co.uk)



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015242 72299

##### **A Touch of Artisan (craft beers, food and gifts)**

07738 773328

##### **The Bath House (Fragrance, skincare & bathing)**

015242 73189

##### **The Book Lounge (Secondhand books & coffee shop)**

015242 72319

##### **Booths Supermarket**

015242 73443

##### **Bumblebee Gallery (Homeware gifts)**

015242 98220

##### **Carr & Bleasdale (Home furnishings & fabrics)**

015242 71261

##### **Chocolat (Speciality chocolates, home of the Enchanted Chocolate Mine)**

015242 72830

##### **Dales Butchers**

015242 71278

##### **Edge Of The World (Outdoor clothing, footwear & lifestyle fashion)**

015242 71390

##### **Flower Bank**

015242 73668

##### **Just N So (home and lifestyle)**

015242 71464

##### **Kirkby Lonsdale Visitor Information & Gift Shop**

015242 97177

##### **La Maison (Lifestyle emporium)**

015242 71223

##### **Little Walkers (Children's shoes)**

015242 72726

##### **Lunesdale Bakery**

015242 71296

### **Lunesdale Home, Garden & Hardware**

015242 72751

##### **Lux Boutique**

015242 73014

##### **Parma Violet (Gift & homewares)**

015242 72585

##### **Post Office**

015242 71233

##### **Sienna Jewellery**

015242 72121

##### **Zero Pantry (Wholesale food store)**

07745 945503

#### **Food, Drink & Accommodation**

##### **The Barbon Inn**

015242 76233

##### **Botanica (café)**

015242 80087

##### **The Copper Kettle (Restaurant & guest house)**

015242 71714

##### **The Crossing Point Café**

015242 98050

##### **Devil's Bridge Snacks**

Tel not available

##### **Lunesdale Arms, Tunstall (restaurant & pub)**

015242 36191

##### **Mill Brow House (B & B & self-catering accommodation)**

015242 71615

##### **Number Forty Four (Café)**

015242 72160

##### **Plato's (Restaurant & bar)**

015242 74180

##### **The Orange Tree**

015242 71716

##### **The Sun Inn**

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#### **Self Catering Accommodation**

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#### **Specialist Services**

##### **Around Kirkby Lonsdale**

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##### **The Fairbank Society (Supported Independent Living)**

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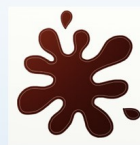
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*When is it?*

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*Who is it for?*

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*Where is it?* Glebe Field, next to

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